



*You Are Cordially Invited ...*

## OSHA 10-HOUR TRAINING

**MARCH 28-29, 2019**

*Perry Park Center*

*800 City Park Lane ♦ Perryville, MO*

### COURSE TOPICS:

#### Overview

This training program is intended to provide excavating contractors information about their rights, employer responsibilities, and how to file a complaint, as well as how to identify, abate, avoid and prevent job related hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. Training will emphasize hazard identification, avoidance, control, and prevention.

#### OSHA Focus Four Hazards

Covering the topics of fall hazards, electrocution, Struck-By (e.g. falling objects, trucks, cranes), and Caught-In or Between (e.g. trench hazards, equipment) will allow the attendee to identify major hazards, describe types of hazards, protect him/herself from these hazards, and recognize employer requirements to protect workers from these hazards.

#### Personal Protective and Lifesaving Equipment

This portion of the course will help the attendee identify the need and proper use of personal protection equipment.

#### Health Hazards in Construction

Topics will include noise, crystalline silica, and hazard communication.

#### Additional Safety Topics

This portion of the course will cover rules associated with digging, including soil types and benching/sloping practices; who is a competent person and what a competent person needs to know, as well as other OSHA rules and regulations addressing the following jobsite issues: Excavation; Power Tools; Materials Handling, Storage, Use and Disposal; and Ladders.

### AGENDA:

#### Hours:

March 28: 7:30am - 4:00pm  
(Lunch included)  
March 29: 8:00am - Noon

### EACH ATTENDEE WILL RECEIVE:

Attendees will receive a copy of OSHA's Construction Industry Digest (OSHA Form 2202-09R 2015), an OSHA certification card, and a certificate of completion.

### CEUs FOR ONSITE WASTEWATER TREATMENT LICENSES:

The Missouri DHSS has approved this course for the following Continuing Education Units (CEUs):

#### Gen. Units

Basic Installers:	8.00 hrs.
Advanced Installers:	8.00 hrs.
Inspectors/Evaluators:	8.00 hrs.
Onsite Soil Evaluators:	8.00 hrs.

#### Select Units

Basic Installers:	2.00 hrs.
Advanced Installers:	2.00 hrs.
Inspectors/Evaluators:	0.00 hrs.
Onsite Soil Evaluators:	1.50 hrs.

# REGISTRATION FEES:

## LICA MEMBERS:

**FREE** for the contractor member and only \$45 per person for each of his/her employees  
*(Pre-Registration Required.)*

## **TO REGISTER A LICA MEMBER:**

Call Debbie at 573-634-3001 or mail your list of attendees and payment **by March 20, 2019** to:

Missouri LICA  
1101 West High Street  
Jefferson City, MO 65109

## NON-MEMBERS:

\$100 per person  
*(Pre-Registration Required.)*

## **TO REGISTER A NON-MEMBER:**

**By March 20, 2019**, send a list of attendees and your registration check made payable to:

Missouri LICA  
1101 West High Street  
Jefferson City, MO 65109

*CLASS SIZE IS LIMITED.*

*PRE-REGISTRATION REQUIRED. (NO ON-SITE REGISTRATION AVAILABLE.)*



**March 28-29, 2019**

Perry Park Center  
800 City Park Lane  
Perryville, MO



## Questions?

*Want to know more about Missouri LICA?*

*Call Debbie at 573-634-3001 or check out our website: [www.MLICA.org](http://www.MLICA.org)*